

# THE TRIPP-JONES FAMILY NEWSLETTER

II-01-2025

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EDITION 2025-II

NOVEMBER IS NATIONAL MEN'S HEALTH AWARENESS MONTH

ALSO KNOW AS MOVEMBER



- Raymond McNair - 3
- Erin Porter - 4
- Joseph Ellis - 5
- Larry Kearse - 5
- Deborah Lee - 6
- Aria Pearson - 7
- Zoe Commings - 8
- Christine Scott - 8
- Isabella Joyce May - 9
- Caleb Miles Milline - 9
- Barbara Ealy - 10
- Jhakeria Phillips - 10
- Sandra Augustin - 11
- LaNora Barrett - 13
- Byron Barr - 14
- Jeanie Crowell - 19
- Shaquita Cobb - 19
- Araya Crowell - 19
- Ralph Dorsett - 20
- Chandreas Cook - 20
- Kejin Dorsett - 23
- Ariel Adkins - 26
- Landerea Kendricks - 26
- Bella Crowell - 28
- Ronnie Hinton - 28
- Kia Stegall-Jackson - 29

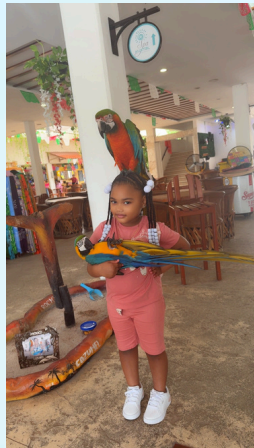
NOVEMBER  
**MEN'S  
HEALTH**  
AWARENESS MONTH



# PICTURES FROM SHARONDA HINTON



## CRUISE TO COZUMEL MEXICO



## FIRST DAY OF VPK FOR PAI'CHANCE



November is recognized as Men's Health Month, a time dedicated to raising awareness about the unique health challenges men face and encouraging them to take proactive steps toward better well-being. Far too often, men delay doctor visits or ignore warning signs that something isn't right. This month serves as a reminder that caring for your health isn't a sign of weakness—it's a sign of strength and self-respect. Regular checkups, a balanced diet, and daily exercise can go a long way in preventing serious health issues.

### **Things men should be aware of when it comes to their health include:**

- Scheduling regular health physicals and screenings (especially for blood pressure, cholesterol, and prostate health)
- Managing stress and prioritizing mental health
- Maintaining a healthy weight and staying physically active
- Avoiding tobacco and limiting alcohol consumption
- Getting enough sleep and staying hydrated
- Monitoring heart health and blood sugar levels
- Talking openly with healthcare providers about any physical or emotional changes

### **Here are some important statistics about men's health:**

- In the U.S., the average life expectancy for men in 2022 was 74.8 years, which is about five years less than women's average of 80.2 years. The average life expectancy for Black men in the U.S. is lower than for other major racial and gender groups, with averages around 71.8 to 72 years
- About 60% of men do not meet the recommended levels of physical activity.
- Around 30.9% of U.S. men aged 18+ had five or more alcoholic drinks on at least one day in the past year.
- Men are more likely to be overweight or obese than women.
- 1 in 10 men will experience a mental health disorder in their lifetime.
- 1 in 9 men will be diagnosed with prostate cancer in their lifetime.
- 1 in 3 men will develop heart disease.
- 1 in 6 men will have a stroke.
- 1 in 10 men has diabetes.
- 13.1% of adult men in the United States reported smoking cigarettes. This is higher than the rate for women, which is 10.1%.
- Leading causes of death among U.S. men include heart disease and cancer — together accounting for around 41% of male deaths in 2022.
- The risk of suicide for men is significantly higher: men's suicide rates are about 4 times higher than women's in many cases.

### **So what is Movember?**

Movember is a global movement that takes place every November to raise awareness and funds for men's health issues, particularly prostate cancer, testicular cancer, mental health, and suicide prevention. The name comes from blending "moustache" and "November." During the month, men are encouraged to grow out their moustaches as a fun and visible way to spark conversations about men's health and encourage others to take action—whether that's getting checked, talking about mental struggles, or donating to men's health programs.

Beyond moustache-growing, Movember also inspires people to host events, participate in fitness challenges, and spread information that helps break the stigma around men discussing their health. The ultimate goal is to help men live happier, healthier, and longer lives by promoting early detection, prevention, and open dialogue.

# FAMILY BUSINESSES



**Aaron Mountain Soaps**  
**Wilma Prudhum**  
**Green, Owner**



**LunaSola Crystals**  
**Barbara Ealy**  
**Owner**



**Sweets & Treats**  
**By Lee**  
**A'leshia Steward,**  
**Owner**



**Ms. Lucy's Couture**  
**Meaghan S. Wooden,**  
**Owner**

<https://www.mslucyscouture.com>



**MACK'S**  
**SMOKEHOUSE**  
**Antonio "Dee Dee"**  
**Mack, Owner**



**Airbnb in Stockton**  
**GA.**  
**hosted by Afrika and**  
**Darnell Jackson**

## THE TRIPP-JONES FAMILY BUSINESS SPOOTLIGHT

### AARON MOUNTAIN SOAPS

Aaron Mountain Soaps, located in Falls Church VA, is a small business specializing in handmade soaps, lotion bars, and sugar scrubs. All products are made in small batches with quality ingredients such as olive oil, coconut oil, jojoba oil, hempseed oil, shea butter, cocoa butter, mango butter, aloe vera, goat's milk, sugars, herbs, essential/fragrance oils, and more....

Also available from AMS are crocheted soap savers handmade by my sister in Florida. Soap savers are available in a variety of colors.

### THE HISTORY OF AARON MOUNTAIN SOAPS

The seed for Aaron Mountain Soaps was planted in 2020 as the world was struggling to manage a pandemic and each of us was trying to find our own way to deal with a new way of living, working, and caring for each other in a world changed forever. For me, dealing with everything that was going on started off as a hobby and gradually turned into a business. My soaping hobby was triggered by a couple of handcrafted soaps gifted to me by my niece and a beginner's soapmaking kit that I bought from a crafters supply store. The kit sat untouched for almost a year. While the kit sat, I began making soaps with all kinds of store-bought melt-and-pour soap bases and giving the soaps to family, friends, and anyone who showed an interest in my new-found hobby. After several of these quick batches and feedback from my soap "testing" family and friends, I finally opened the soapmaking kit and made my first batch of what I like to think of as natural soap. Soap made with simple, easy-to-pronounce ingredients that have been chosen for their skin-loving benefits.

#### CONTACT INFORMATION

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**FAMOUS AFRICAN  
AMERICANS  
BORN IN NOVEMBER**

- Larry Holmes – 3**
- Ike Turner – 5**
- Colson Whitehead – 6**
- Esther Rolle – 8**
- Alfre Woodard – 8**
- Benjamin Banneker – 9**
- Dorothy Dandridge – 9**
- Bob Gibson – 9**
- Whoopi Goldberg- 13**
- Condoleezza Rice – 14**
- Dwight Gooden – 16**
- Zina Garrison – 16**
- Lisa Bonet – 16**
- Sinbad – 18**
- Sojourner Truth – 18**
- Dominique Dawes – 20**
- Guion “Guy” Bluford – 22**
- Bobby Lee Rush – 23**
- Robin Roberts – 23**
- Scott Joplin – 24**
- Tina Turner – 26**
- Jimmy Hendrix – 27**
- Berry Gordy – 28**
- Adam Clayton Powell Jr. – 29**
- Gordon Parks – 30**
- Shirley Chisholm – 30**

**Pictures from Meaghan Wooden**



**Kim McKenzie’s grandson, Carsyn was  
Officer McKenzie for Halloween**



## NOVEMBER IN AFRICAN AMERICAN HISTORY

**November 1, 1910** – W.E.B. Du Bois began publishing NAACP monthly magazine, *Crisis*.

**November 1, 1951** – John H. Johnson founded *Jet Magazine*.

**November 1, 1945** – *Ebony Magazine* first published.

**November 1, 1961** – The Interstate Commerce Commission's ban on segregation on interstate buses and in interstate travel facilities took effect.

**November 2, 1983** – President Ronald Reagan officially signs a law declaring the third Monday in January as Martin Luther King Jr Day.

**November 3, 1868** – John W. Menard makes history as the first Black person elected to Congress.

**November 3, 1992** – Carol Mosely Braun makes history as the first African-American woman elected to the U.S. Senate.

**November 4, 2008** – Illinois Senator Barack Obama defeated Arizona Senator John McCain in the 2008 presidential election to become the first African American President of the United States of America.

**November 5, 1968** – Shirley Chisolm of Brooklyn, N.Y., becomes the first African American woman elected to Congress.

**November 6, 1900** – James Weldon Johnson and J. Rosamond Johnson compose “Lift Every Voice and Sing”, widely regarded as the Black national anthem.

**November 7, 1876** – Meharry Medical College founded at Central Tennessee College.

**November 7, 1989** – L. Douglas Wilder is elected governor of Virginia, becoming the nation's first Black governor since the Reconstruction.

**November 11, 1989** – Civil Rights Memorial is dedicated in Montgomery, Ala.

**November 12, 1922** – Sigma Gamma Rho, Sorority Inc. was founded by seven Black women in Indianapolis, Indiana.

**November 16, 1981** – Pam Johnson named publisher of the Ithaca (NY) *Journal*, becoming the first African American woman to head a daily newspaper.

**November 17, 1911** – Omega Psi Phi Fraternity is founded on the campus of Howard University.

**November 17, 1980** – WHHM, the first African American-operated radio station, goes on the air at Howard University.

**November 20, 1865** – Howard Seminary (later Howard University) founded in Washington, D.C.

**November 20, 1923** – Inventor Garrett T. Morgan patents the traffic signal.

**November 26, 1970** – Charles Gordone becomes the first Black playwright to receive the Pulitzer Prize for *No Place to Be Somebody*.